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Three more years until a new skyline



► The Hudson Yards project officially broke ground yesterday.

RELATED

► City officials celebrated the groundbreaking of the Hudson Yards development yesterday ► The 26-acre site was seven years in the making ► But the first tower will rise by 2015, officials promised at West Side site {page 02}

local

Man killed after appliance falls

► A construction worker was killed yesterday after an air conditioner plummeted from a crane {page 02}

wellbeing

Ho, ho, ho, hold the extra calories

► The holidays are fun for feasting, but you don't want to get so full that you're asked to play Santa {pages 18-20}



home

The reality of realty after Sandy

► Experts from The Real Deal explore the extent of the damage from October's hurricane {pages 26-27}

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In the news

NY man pleads to bomb plans

A man on Tuesday pleaded guilty to 10 charges connected with a plan to blow up synagogues in Manhattan last year. Ahmed Ferhani, 27, admitted to conspiring to attack the biggest synagogue in Manhattan in order to send a message of violence to non-Muslims. Ferhani was arrested in May 2011. Police Commissioner Ray Kelly said the plans were for "intimidating and coercing the Jewish population of New York City."

REUTERS/METRO

In the news



Mayor Clinton?

NEW YORK. Mayor Michael Bloomberg reportedly told secretary of state — and New York state resident — Hillary Clinton that she would make a great mayor. Bloomberg reiterated yesterday that he supports City Council Speaker Christine Quinn, who has had his quiet backing for her own run for mayor. **METRO/AB**

City officials break ground for new Hudson Yards project

► West Side development promises shopping, a school and public art ► First tower will open in three years

It may have taken seven years, but the Hudson Yards project will open by 2015, city officials promised yesterday.

Politicians and developers gathered yesterday morning to break ground on the Hudson Yards' very first building, a 47-story tower for commercial space that Mayor Michael Bloomberg declared would "transform our iconic skyline."

This building, referred to as the South Tower by developers, will have a "soaring atrium" and be connected by a retail complex to a 2.4-million-square-foot North Tower.

The City Council approved the development of this swath of the West Side in 2005, but officials said a long road followed.

City Council Speaker Christine Quinn noted the start was "difficult and contentious," and there was "not a lot of agreement" in early discussions, mentioning the controversial and ultimately killed proposal for a stadium on the West Side.

"This is a moment in land use and government history of New York where people didn't just yell for the purpose of yelling — they yelled until they got to a point where they could agree," Quinn said.

Bloomberg called attention to another major component of



► Hudson Yards will make its first mark on the skyline in 2015.

47 Stories in the South Tower

26 Acres in the site

23K Construction jobs promised for the project

80 Percent of first commercial tower pledged filled already

What will be in Hudson Yards?

- Five floors of retail space
- Cultural center
- New public school
- Public art
- Luxury hotel
- Affordable housing
- 6 million square feet of commercial space
- Open spaces

Why does development in NYC take so long?

New Yorkers sometimes complain that the city's major development projects seem to take an excessively long time to complete. The Second Avenue subway line is one such project, the first phase of which — running from 96th Street to 63rd

Street, is set to be completed by December 2016, according to the MTA.

Although this is a project that has been picked up and dropped at three or four points in the city's history, Second Avenue Sagas blogger Ben Kabak notes that this current iteration started in 2007, and that deadline has remained more or less steady since 2009 or early 2010.

Among the causes of the delays in that project have been issues relating to where underground utilities are, as many were unmapped and took longer to move.

Richard Anderson of the New York Building Congress explained that massive projects have many moving parts in their planning. "You have to have a vision right at the beginning of

the project: the city-funded extension of the 7 train.

The Hudson Yards development also promises a nonprofit cultural center along the High Line at 30th Street and several floors of retail and restaurant areas similar to the Related-developed Shops at Columbus Circle in the Time Warner Center.



DANIELLE TCHOLAKIAN
danielle.tcholakian@metro.us

what this area of New York City could look like several decades from now — that's the starting point," Anderson explained. He also noted that the Yards in particular are a complicated endeavor. "This is not a common project because of the scale of it, and the requirements that a platform be built over a major transportation facility," he pointed out. **METRO/DT**

Man killed after AC dropped from crane

A 38-year-old man was killed after an air-conditioning unit fell on him in the Bronx yesterday.

According to the NYPD, the air conditioner was being delivered at East 173rd Street and Grand Concourse. It was attached to the chain of a crane, and it plummeted after the



► 173rd and Grand Concourse

chain broke.

Tristan Mananghaya, 38, a Jersey City construction worker, was pinned underneath.

He was taken to Bronx Lebanon Hospital, where he was pronounced dead.

On May 29, an air conditioner crashed onto a playground

after it dropped from a 20th-floor window at the public housing complex Holmes Towers in Yorkville.

The NYCHA has a set of rules and regulations that tenants are required to follow when installing AC units.

CASSANDRA GARRISON

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04

WEDNESDAY, DECEMBER 5, 2012

Police arrest man after fatal train shoving

Police arrested a man yesterday after a subway rider was pushed into the tracks of an oncoming train Monday.

The NYPD would not yet confirm whether the person being questioned was the same man shown in photographs and identified as the suspect.

According to the NYPD, the 58-year-old Ki-Suck Han, of Queens, was thrust into the tracks of a Q train at 49th Street and Seventh Avenue just after 12:30 p.m.

After he was unable to climb back onto the tracks, he was struck by the train as it entered



the station.

The suspect fled the scene. The victim was taken to Saint Luke's Hospital, where he died from his injuries.

CASSANDRA GARRISON
cassandra.garrison@metro.us

In the news

Couple busted for alleged drugs, hosting alligator

NEW YORK. A couple was indicted for having not only drugs but also an alligator in their apartment. Brooklyn District Attorney

Charles Hynes said that Michael Volpe, 32, and Alisa Volpe, 25, were indicted yesterday for illegally having the wild animal — and marijuana.

Michael Volpe faces up to seven years in prison, and his wife faces up to one year, according to the D.A. Officers found the 3-foot alligator in a tank in the living room while executing a search warrant, according to the D.A. ● **METRO/AB**

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In the news

Teacher arrested after allegations of sexual contact

WILLIAMSBURG. A Department of Education teacher has been arrested in the midst of allegations that she had a sexual relationship with a female student.

Urszula Jankowska, 33, is charged with a criminal sex act, forcible touching and endangering the welfare of a child, according to the police department.

The student reportedly told a school counselor that she carried on a three-year "intimate relationship" with Jankowska, beginning in 2008 when she was 13 years old, according to the New York Daily News.

Jankowska was arrested while she was at work as an English teacher at Williamsburg High School for Architecture and Design in Brooklyn.

She is reportedly suspended from her job.

● METRO/CG

Will NYC see first Latino mayor?

► New York City has never elected a Latino mayor to City Hall ► A candidate will need to navigate a new narrative ► Potential candidates include Adolfo Carrion, Ruben Diaz Jr.

In the afterglow of President Barack Obama's reelection victory came two stories of interest to Latinos in New York City waiting for a history-making candidate who looks and talks like them. Former Bronx Borough President Adolfo Carrion announced he might run for mayor, and current Bronx Borough President Ruben Diaz Jr. said he won't seek in 2013 the post of public advocate, which some see as a stepping stone to City Hall.

Whether or not Carrion's bid gains traction whenever (if ever) Diaz throws his hat in the mayoral ring, their potential — or lack of it — frames a question: Why hasn't New York ever elected a Latino mayor?

Despite three serious attempts to become mayor — in 1969, 1973 and 1977 — and a handful of less earnest efforts in later years, Borough Presi-



► Ruben Diaz Jr.

dent and Congressman Herman Badillo never succeeded in securing a major party nomination. He was sometimes undercut by the Democratic Party apparatus, but his broader problem was that identity politics was changing — taking on a more nationalistic flavor — but

Badillo didn't detect the shift.

Fernando Ferrer, also a Bronx borough president, sought the mayoralty three times, coming closest to victory in 2001 when he lost a runoff with Public Advocate Mark Green amid intense racial acrimony. In 2005, Ferrer won the primary outright; Mayor Michael Bloomberg, who outspent him about 8 to 1, beat him soundly in the November vote. Green and Bloomberg weren't Ferrer's only problems. He was often seen hedging his bets on issues and his own identity: Ferrer was known to switch his name from Fernando to Freddy depending on the ethnicity of the crowd.

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Confronting a new reality

Today's Latino candidates face a different world. The Puerto Rican population has been shrinking since 2002, while the number of Mexicans is increasing. Gentrification is undercutting Latino power in traditional strongholds like East Harlem as cynicism deepens about the powerful families that dominate Latino politics in the Bronx.

In general, a new narrative is forming in the New York Latino political community. It suggests that identity politics is diminishing in importance and that family-centric models of power are outdated. It sees a newer group of highly educated, somewhat techno-

cratic Latino elected officials emerging because of their willingness to engage a broader sector of voters.

It's unclear whether and when that new wave of Latinos will win City Hall, and uncertain that Diaz, Carrion or any current official will be the person to lead them. A late November poll had Carrion losing to an unnamed Democrat, 62 percent to 11 percent. But it's early. At one point in the 2001 campaign, a certain billionaire Republican seemed like a long shot for City Hall.

11 Percentage of the vote Carrion is estimated to receive in a losing bid for New York City mayor, according to a late November poll



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The world's best and worst cities to live in

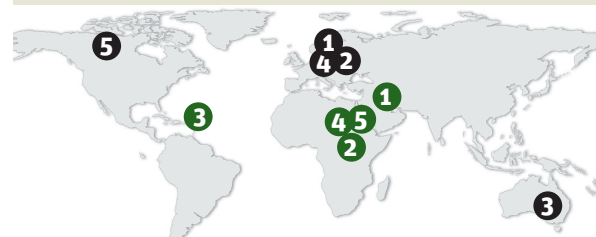
▶ The human-resource consulting firm Mercer releases its annual Quality of Living survey
▶ We illustrate the cities with the best standard of living – safety, infrastructure, economy, culture, etc.

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▶ The survey named Vienna the best city to live in.

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In the news

California gay conversion therapy ban to take effect

SACRAMENTO. A federal judge yesterday cleared the way for a landmark California law that bars a controversial therapy aimed at reversing homosexuality in children and teenagers. The law will take effect in January.

Gov. Jerry Brown signed the ban into law in September, making California the first state to ban so-called

conversion therapy among youths.

U.S. District Court Judge Kimberly Mueller denied an injunction request against the law filed by the National Association for Research and Therapy of Homosexuality and the American Association of Christian Counselors, as well as unnamed individuals who sued shortly after the law was signed.

"The court finds there is no fundamental or privacy right to choose a specific mental health treatment the state has reasonably deemed harmful to minors," Mueller wrote in a 44-page decision.

REUTERS



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Swiss warn US, UK about huge spy leak

Secret information on counter-terrorism shared by foreign governments may have been compromised following a massive data theft by a senior IT technician for the NDB, Switzerland's intelligence service, European national security sources said.

Intelligence agencies in the United States and Britain are among those who were warned by Swiss authorities that their data could have been put in jeopardy, said one of the sources, who asked for anonymity when discussing sensitive information.

Swiss authorities arrested the technician suspected in the data theft last summer amid signs he was acting suspiciously. He later was released from prison while a criminal investigation by the office of Switzerland's Federal Attorney General continues, according to two sources familiar with the case.

The suspect's name was not made public. Swiss authorities believe he intended to sell the stolen data to foreign officials or commercial buyers.

A European security source



► The headquarters of Britain's MI6 intelligence agency in London

GETTY IMAGES

said investigators now believe the suspect became disgruntled because he felt he was being ignored and his advice on operating the data systems was not being taken seriously.

One of the sources familiar with the investigation said that intelligence services like the U.S. Central Intelligence Agency and Britain's Secret Intelligence Service, also known as MI6, routinely shared data on counter-terrorism and other issues with the NDB. Swiss authorities informed U.S. and British agencies that such data could have been compromised, the source said. **REUTERS**

Investigation

► Swiss news reports and the sources close to the investigation said investigators believe the technician downloaded terabytes, running into hundreds of thousands or even millions of printed pages, of classified material from the Swiss intelligence service's servers onto portable hard drives. He then carried them out of government buildings in a backpack.

In the news

Iran says it has drone, but US denies losing one

DUBAI. Iran said yesterday it had captured a U.S. drone in its airspace over the Gulf in



the last few days, but the United States said there was no evidence to support the assertion.

The U.S. Navy said it had not lost any unmanned aircraft in the area. The four-foot surveillance drone is deployed in the region by the United States military but also by other countries.

In Washington, White House spokesman Jay Carney said, "We have no evidence that the Iranian claims are true."

The incident highlighted tensions in the Gulf as Iran and the United States demonstrate their military capabilities in the vital oil exporting region in a standoff over Iran's disputed nuclear program. **REUTERS**

Metro Magic toy drive

1 Log on to www.metro.us and look for the Metro Magic logo at the top left.

2 One click on the logo will take you to a "wish list" we have set up via a secure link on Toysrus.com. Once there, you can see all the toys we've already requested, with more added daily.

► All the gifts purchased will be sent directly to Metro's office. It's the third year of Metro Magic, where we ask our readers to go online to buy toys for

underprivileged children.

The response so far this year has outshone our readers' previous efforts, with dozens of toys being delivered to our New York, Boston and Philadelphia offices daily.

In the next few days, we'll be working with our local charity partners to make the first delivery of holiday toys to underprivileged children in our cities. Our photographers will be there to record the little ones' delight — and we'll publish the images before the holiday season so Metro's readers can see for themselves just what joy they are bringing this year. Below is an image of some of the toys delivered to our New York office yesterday. **● METRO**



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Your brain on booze; GOP fights ... with itself

The real teenage wasteland: Your brain



Gene links to teen binge drinking

Scientists have unpicked the brain processes involved in teenage alcohol abuse and say their findings help explain why some young people have more of a tendency to binge drink.

A study published in the Proceedings of National Acad-

emy of Sciences journal found that a gene known as RASGRF-2 plays a crucial role in controlling how alcohol stimulates the brain to release dopamine, triggering feelings of reward. "If people have a genetic variation of the RASGRF-2 gene, alcohol gives them a stronger sense of reward, making them more likely to be heavy drinkers," said Gunter Schumann, who led the study.

Alcohol and other addictive drugs activate the brain's dopamine systems. **REUTERS**

2.5M People die worldwide each year from the harmful use of alcohol

Homes going green

Home price jump highest in six years

Home prices posted their biggest annual jump in more than six years in October in a sign the housing sector continues to recover, data analysis firm CoreLogic said yesterday.

CoreLogic's home price index rose 6.3 percent compared to October a year ago, the biggest increase since June 2006 and the eighth consecutive increase in home prices nationally on a year-over-year basis, CoreLogic said.

Home prices fell 0.2 percent in October from September but this was due to seasonal factors as the housing market enters the off season, CoreLogic said. **REUTERS**



NFL tragedy



Belcher violence may never be explained

The murder/suicide committed on Saturday by Kansas City Chiefs football player Jovan Belcher left the National Football League, its fans and health professionals struggling to understand what drove him to do it.

Belcher, 25, shot and killed his 22-year-old girlfriend Kasandra Perkins, the mother of his 3-month-old daughter, in front of his own mother at home before driving to Arrowhead Stadium where he shot himself dead in the parking lot. **REUTERS**

Have cliff, will fight

Fiscal cliff prompts GOP infighting

Republicans in the Congress attacked each other yesterday over their leadership's "fiscal cliff" offer to Democratic President Barack Obama as a group of governors visited the White House to voice concern about the impact on the states of the year-end tax-and-spending deadline. The disparity in Republican ranks over how far to compromise the party's anti-tax stance could complicate what are expected to be intense negotiations between House Speaker John Boehner and Obama. Each will need the backing of their respective troops in Congress in order to bargain credibly. **REUTERS**



Life on Mars?



Rover finds carbon hints on Mars

NASA's Mars rover Curiosity, dispatched to look for the chemical ingredients and environments for microbial life, has found hints of carbon, though whether this building block for life on Earth has played a similar role on Mars is unknown, scientists said.

"Just finding carbon somewhere doesn't mean that it has anything to do with life, or the finding of a habitable environment," said lead scientist John Grotzinger. Even with carbon and water, life needs other chemicals, such as sulfur and oxygen, to form. **REUTERS**

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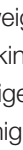
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THE WORD



Metro's **Dorothy Robinson** shares her take on the world of gossip [@dorothyatmetro](#) [dorothy.robinson@metro.us](#)

2



The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Alec Baldwin is feeling inspired, Kathy Griffin is speculating, Paris Hilton is on the move and Rebel Wilson is thinking about her health.

@ABFoundation
I'm gonna write a book. A novel. It's called A PRIVATE MIS-UNDERSTANDING. Can you guess what it's about? Can you guess what happens?

@kathygriffin
I bet Justin Bieber can blow a mean whistle

@ParisHilton
Just landed in Dubai. Next stop New York City.

@RebelWilson
I am going to go on a new cleanse - my week-end cleanse of cutting everything out of my diet except for chocolate DID NOT WORK!



Paris
Hilton



Random sources state the obvious about Will and Kate

PHOTOS: GETTY IMAGES



► The scene outside King Edward VII Hospital in London where Catherine, the Duchess of Cambridge, is resting after suffering from severe morning sickness.

The news of **Will** and **Kate's** impending arrival has the tabloids in a tizzy — and scrambling for anyone, anyone at all to be quoted about it. I've compiled a sampling of the best of these random, mostly anonymous sources, all of whom state how Kate and Will will be good parents (as if anyone is going to say that she's going to become a baby-smacking alcoholic and he's

planning on raising the baby as a racist). The best of the bunch, with an added bonus of **Snooki** (say what?) commentary:

► *"Kate will be a firm but fair mother. Kate will let her children have fun and freedom, but she will also make sure they do what is best for them."* A **"PAL" OF THE DUCHESS OF CAMBRIDGE**, PER US WEEKLY

"I'm sure she will be an amazing mom."

SNOOKI TO THE NEW YORK DAILY NEWS

► *"I can see William wanting to take time off in the modern paternity-leave style, so that he bonds with his child."* A **"FAMILY FRIEND"** TO WWW.DAILYMAIL.CO.UK
► *"[Kate and Will] both try to be*

as normal as possible in their private lives. ... Everyone's always said what great parents they'll be, since they are such a caring couple and very relaxed. They will lavish love on their children."

JESSICA HAY, A **"CHILDHOOD ACQUAINTANCE"** OF KATE'S, TO AUSTRALIAN TABLOID NEW IDEA

► *"This couple want to raise their baby just like us."* JANE RIDLEY AND DANA SCHUSTER

Eddie Murphy: Hollywood's most overpaid actor

Poor **Eddie Murphy**: He's just not drawing in the bucks like he used to.

Thanks to such bombs as "Meet Dave," "Imagine That" and "A Thousand Words," he's now Hollywood's most overpaid actor, per Forbes. In its annual list, determined by the difference between star salaries and their films' box office take, Murphy displaced **Drew Barrymore** for the No. 1 spot. **Katherine Heigl** came in at No. 2, with Oscar winners **Reese Witherspoon** and **Sandra Bullock** in the Top 5.



Murphy

Talking points

IRS seized Lohan's bank accounts

More trouble for **Lindsay Lohan**: The IRS has reportedly seized the "Liz and Dick" star's bank accounts because of her outstanding debt, according to TMZ. Lohan previously had liens filed against her for unpaid taxes from 2009 and 2010, totaling more than \$233,000, but the government apparently got tired of waiting for her to make good on the debt. She is said to also owe money for 2011. Sources tell the website that Lohan is in panic



Lohan

mode and is scrambling for ways to make enough money to get out of debt pronto.

Travolta's alleged lover sues star

A man who told the National Enquirer that he had a "steamy affair" with **John Travolta** while



Travolta

working as his pilot from 1981 to 1987 is now suing the actor, insisting he never signed a confidentiality agreement that would bar him from talking to the media about his time with the actor, according to TMZ. The man, **Doug Gotterba**, claims Travolta's lawyer, **Marty Singer**, threatened a lawsuit after the story was pub-



Jolie

lished. Singer maintains that Gotterba's termination agreement included a confidentiality clause and that the former employee is just out for attention. "Mr. Gotterba obviously filed this lawsuit to get his 15 minutes of fame," Singer says. "We plan to get this meritless case promptly dismissed."

Will Jolie quit acting?

Might her new film "Maleficent" mark the end of **Angelina Jolie's** acting career? It's not out of the question, the actress says. "I have enjoyed being an actress. I have even been able to be a part of stories that mattered and I have done things for fun," Jolie tells Britain's Channel 4 News, once again prompting rumors of a planned early retirement. "But if it went away tomorrow, I would be very happy to be home with the children," she says. "I wake up in the morning as a mom and I turn on the news like everybody else and I see what's happening and I want to be part of the world in a positive way."

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Avoiding the cartoon claptrap

Sidescroller



LAWRENCE BONK

LAWRENCE.BONK@METRO.US

From a certain perspective, video games already are cartoons. Sure, many of them may be muscle-bound cartoons with a penchant for gun violence but they are cartoons nonetheless. So, then, playing a game based on your favorite preexisting cartoon character makes perfect sense. Let's review a couple!

'Adventure Time: Hey Ice King! Why'd You Steal Our Garbage?!

System: Nintendo 3DS
Publisher: WayForward

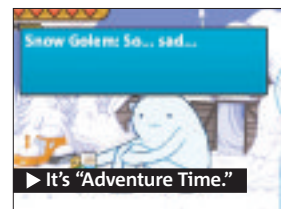
Rating: 100000

As a games reviewer, nothing brings upon more dread than the prospect of reviewing something based on a current TV show or movie. They usually suck the suck of a thousand sucks. Thankfully, "Adventure Time" breaks this curse.

In short, this game is a "Zelda" clone populated by locations and characters from the "Adventure Time" universe. If you are a fan, you'll get a kick



► The beast of "Beauty and the Beast" makes a cameo in "Epic Mickey: Power of Illusion."



► It's "Adventure Time."

Rating: 100000

Games based on Disney cartoons have always been pretty good. Back in the old days, kids marveled at game versions of "Ducktales" and "Aladdin." The sidescrolling was simple and the level design was fantastic. Well, Disney is finally paying homage to the 8- and 16-bit era with this 3DS pseudo-sequel to Mickey's greatest adventure.

The good? Mickey runs and jumps through famous locations almost as well as a certain mustachioed plumber. The game also features cameos from just about every Disney character ever. The bad? The designers shoehorn in a lot of needless touchscreen functionality that gets old fast.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

'Epic Mickey: Power of Illusion'

System: Nintendo 3DS
Publisher: Disney Interactive Studios

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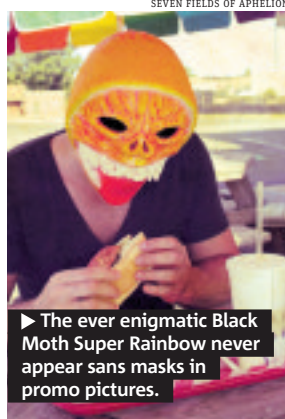
Forever heavy

► Psychedelic outfit Black Moth Super Rainbow keep their distance with a poppy new offering, 'Cobra Juicy'

Tom Fec, otherwise known as Tobacco, otherwise known (with other band members) as Black Moth Super Rainbow, is something of a man of mystery. Sequestered in the woods outside of Pittsburgh, Fec sings only through the electronic machinations of a vocoder, so it's rare when a journalist gets to hear his absent-minded meanderings without a filter.

"I can't sing," he explains. "I can pretty much get anything I want out of the vocoder, so that's why I go with it."

Masks are also a major theme for this enigmatic band, who just released their fifth full-length album. Like most of the BMSR albums before it, the cover art for "Cobra Juicy" features a haunting face. The hollow eyes of it seem to echo the distance Fec puts between him-



self and the fans of his work, and it makes the psychedelic trash-rock he creates that much more creepy.

"I grew up on Garbage Pail Kids," Fec says. "I was always drawn to this big, colorful kind

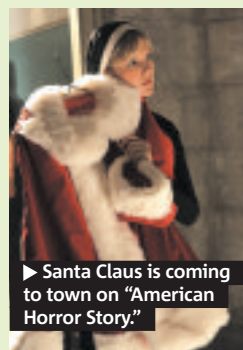
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HEIDI PATALANO
heidi.patalano@metro.us

TV watch list



'American Horror Story'

DRAMA. Santa Claus is the one on the naughty list when a terrifying St. Nick visits the residents of Briarcliff. 10 p.m., FX

'Arrow'

DRAMA. Oliver's still a little new to this whole vigilante thing himself, which hasn't stopped him from mentoring revenge-seeking Helena, aka the Huntress. 8 p.m., The CW

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- **CKO Kickboxing's** opening was held up because of Sandy, but the studio is now in full swing. Sign up for the presale special and pay no enrollment fee (regularly \$49) and \$69/month for annual membership (regularly \$89). Plus, you'll get free starter gloves (which usually cost around \$40) when you 'Like' the gym on Facebook. **45 Waverly Ave., Brooklyn, 347-770-2256**

● MEREDITH ENGEL

EATING IN A WINTER WONDERLAND

- Cheese plates and cocktails and cookies, oh my!
 ► Make a plan and stick with it this party season

Holiday parties can be fun, but they're torture for anyone who's trying to lose weight. Mental toughness coach Steve Siebold, who is the author of "Die Fat or Get Tough: 101 Differences in Thinking Between Fat People and Fit People," offered Metro some tips on avoiding the dreaded extra poundage that can creep on this holiday season.

Set your intention: "Write down your goals," Siebold says. "The biggest part of sticking to a diet is making the decision. Without that, you will pile the weight back on."

Make a list, check it twice: "Have a plan before you walk in the

47%

Of women admit that they gain an average of four to five pounds over the holidays in winter months. Source: Jenny Craig and FITNESS magazine

38%

Of U.S. adults say they or a friend/relative have used the holidays as an excuse to drink more than they normally do. Source: Caron Treatment Centers

door," he advises. "Be prepared for which foods you will eat. Take a long look at the food and ask, 'Is it good for me, or will it harm me?' We get hungry every three or four hours. Plan for that."

Have a snack beforehand: "Eat something healthy before you go out. Then you won't be so hungry that you eat the bad party food."

Nix the worst culprits: Cakes, cookies and candies — take them off your plate. "Avoid anything that is made with refined sugar," he says.

Watch the booze: "If you drink too much, your judgment gets compromised," Siebold cautions. "You start eating all the food you shouldn't. Beer is probably the worst for calories. Have only one or two glasses of

wine. Drink water in between. Water is one of the great ways to fill up."

Remember your goals: "Giving yourself license to step off the diet is a slippery slope," he says. "You eat a little bit of this and before you know it, you're back where you started."

LINDA CLARKE
 letters@metro.us



► Snacking before a party can help you avoid the cookies once you're there.

When it comes to holiday eating, you are in control.

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"It's not easy staying lean-and-mean with all those high-calorie, high-fat foods that are served during holiday meals.

"The secret is to remember that **you are in control**. You can eat just about anything as long as you enjoy small portions and say 'No' to seconds. Also, remember that alcohol is empty calories. Drink water or club soda instead. And when it comes to those sweet desserts, take a taste, but don't go crazy.

"Especially during the holiday season, I make it a point to **eat healthy, exercise daily, and watch my blood sugar and cholesterol levels, weight and blood pressure**. All it takes is small lifestyle changes to bring a full-court press against diabetes, and help win the fight against obesity, heart disease and stroke. **For more healthy tips, along with a chance to win a FREE autographed jersey, visit me at www.facebook.com/HFHealthyLiving.**"

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THREE FESTIVE
HOLIDAY
DRINKS THAT
WON'T WEIGH
YOU DOWN

Rich, creamy eggnog, indulgent hot cocoa and fancy champagne cocktails are as much a part of holiday fun and tradition as the delicious food. But here's the not-so-merry part: Many of these seasonal libations pack in more calories, fat and sugar than the cake, cookies and fudge. As my holiday gift to you, I've created these celebratory sippers that deliver all of the good cheer without weighing you down. Bottoms up!

Slim-Style Eggnog

Eggnog is definitely at the top of Santa's naughty list. An 8-ounce pour, made with a "triple threat" ingredient list of cream, whole milk and egg yolks, will cost you a shocking 350 to 450 calories — and overload your system with 12 grams of saturated fat and more than 14 teaspoons of sugar. My slim-style version, made with low-fat milk and vanilla pudding mix, satisfies your holiday hankering for half the calories and sugar — and a fraction of the fat.

Directions: Combine 5 cups of cold 1 percent milk, one package vanilla instant pudding mix, $\frac{3}{4}$ teaspoon rum extract and $\frac{1}{2}$ teaspoon ground nutmeg in a blender; pour into a pitcher and refrigerate for at least 20 minutes to allow the eggnog to set up. When you're ready to serve, pour into glasses and sprinkle on a little extra nutmeg. **Makes five (1-cup) servings; 175 calories per serving**

Peppermint Hot Cocoa

Get cozy on the couch with my lightened-up take on this holiday classic. It has half the calories of coffee shop hot cocoa, but tastes every bit as rich and chocolaty.

Directions: Heat 3 cups of skim milk in a small saucepan over medium-high heat until the milk is hot and starting to steam. Remove the pan from the heat and whisk in 4 teaspoons sugar, $\frac{1}{4}$ teaspoon each peppermint and vanilla extracts, a pinch of

Try this

Pomegranate
Sparkler

Make this year's New Year's Eve toast extra special by infusing your bubbly with an antioxidant-rich splash of pomegranate juice. Along with a few health perks, this fruity accent gives the drink a very merry red color and a lovely sweet-tart finish.

Directions: To make this chic cocktail, pour 3 ounces sparkling wine into a champagne flute, top it off with an ounce of pomegranate juice and drop in a few pomegranate arils (the fruit's seeds) for a fun garnish. **Makes one (4-ounce) serving; 80 calories per serving**



JOHANNAH SAKIMURA

► This waist-friendly eggnog is about half the calories of a traditional pour.

kosher salt and $\frac{1}{4}$ cup semisweet chocolate chips. Continue to whisk until the chocolate is completely melted. Pour into mugs and garnish with whipped cream if desired. **Makes three (1-cup) servings; 175 calories per serving**

— For more holiday health tips, visit www.joybauer.com and follow Joy on Facebook and Twitter (@joybauer).

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Letters

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Thank you for acts of kindness; they are never forgotten

RE: "PHOTO OF COP GIVING SHOES TO HOMELESS MAN GOES VIRAL" (METRO, NOV. 30-DEC. 2) NYPD officer Larry DePrimo proved once again that New York's Finest cares about its citizens. Officer DePrimo while on duty in the Times Square area came upon a homeless man without shoes or socks. He went to a shoe store and bought him a pair of all-weather boots and than



► An act of kindness

went to another store and bought him socks. What really got to me: He went to put them on him, a true act of kindness. Now there are some who don't know what it means to be homeless, but I do. I was homeless for a time in the winter of '75 after the Vietnam War and found myself roaming the streets of Hempstead. I was just out of the Navy and had few friends or family members who could not help. It was a kind act of a stranger from Nigeria named Cyril who saw my plight and gave me shelter. Officer DePrimo is an example of a fine police officer who went above and beyond the call of duty, like many of our police officers do on a day-to-day basis. Officer DePrimo, saw a fellow human being hurting and did lend a helping hand. Now to

all police officers you see tell them this: Thank you for all that you do.

FREDERICK R. BEDELL JR.,
VIA E-MAIL

As I was running some Christmas errands during lunch yesterday in Boston, I stepped off the train at Charles MGH. The train started to pull away from the station, but then stopped. The conductor opened his window, stuck his head out and shouted, "Where are you heading?" Just then, I saw an elderly blind man walking alone, hugging the wall and struggling to find his way along the platform with a red-and-white striped walking stick. He replied, "Downtown Crossing." "Follow my voice," the conductor instructed, "this is your train." The blind

man, who was obviously fearful of falling onto the train tracks, slowly walked toward the conductor's voice and stepped onto the train. Thank you to the conductor who helped the blind man today — we notice your acts and are grateful.

BILL GOTTFREDSON, VIA E-MAIL

I'm a boy, I'm a boy! But society won't let me act like it

RE: "PAGING GLORIA STEINEM?" (METRO, DEC. 3) Patti Stanger mentions that "men are getting more passive and [women] are getting stronger." Apparently Stanger wasn't paying attention in the 1990s, when the education system began punishing boys for acting like the males they were. Now we have a whole generation of drones who seem to have no direction or ambition. The anti-male crowd got what they wanted, but was it really worth it? I don't think so.

ROB DONNER, VIA E-MAIL

Horoscope

♊ Sagittarius Nov. 23-Dec. 21. Instead of scattering your forces all over the place, you should give your most meaningful objectives top priority. Taking a lot of potshots won't improve your marksmanship.

♊ Capricorn Dec. 22-Jan. 19. If, through poor judgment, you reopen an old wound, there is a strong possibility that you'll only make the same mistakes you made previously. Live and learn.

♊ Aquarius Jan. 20-Feb. 19. Leave your credit cards at home if you plan to go anyplace where extravagant items are likely to be displayed. You might be inclined to do more than window-wish.

♊ Pisces Feb. 20-March 20. The delicate line between being your own person and being detrimental to a team effort might get crossed if you place importance on the former.

♊ Aries March 21-April 19. Rumblings of an increased workload are likely to be coming your way. It behooves you to get cracking immediately. If you don't, the roar will only get steadier and louder.

♊ Taurus April 20-May 20. No matter how badly you desire it, it's not advisable to try to become all things to all people. You'll be left feeling inadequate when you fail at your im-

possible task.

♊ Gemini May 21-June 20. Don't be too hasty when trying to finalize a matter of critical importance. It's much more important to do the best job rather than the fastest.

♊ Cancer June 21-July 22. There is a good chance you could still be holding a grudge against someone, so for the sake of inner peace, it behooves you to avoid this person as much as you can.

♊ Leo July 23-Aug. 22. This is likely to be an unusually good day to sort out any disturbing financial affairs. Your budget can be improved upon by trimming needless expenses.

♊ Virgo Aug. 23-Sept. 22. Although you may feel that you can easily come out ahead in a competitive situation, don't underestimate your adversaries. They could be stronger than you think.

♊ Libra Sept. 23-Oct. 23. It behooves you to keep all of your endeavors as basic as possible. Be careful not to further complicate situations that are already a trifle trickier than you'd like.

♊ Scorpio Oct. 24-Nov. 22. Under most circumstances, you're the type of person who is reasonably cautious about taking huge risks, yet today your discipline might be rather low. Try to be extra-careful.

BERNICE BEDE OSOL

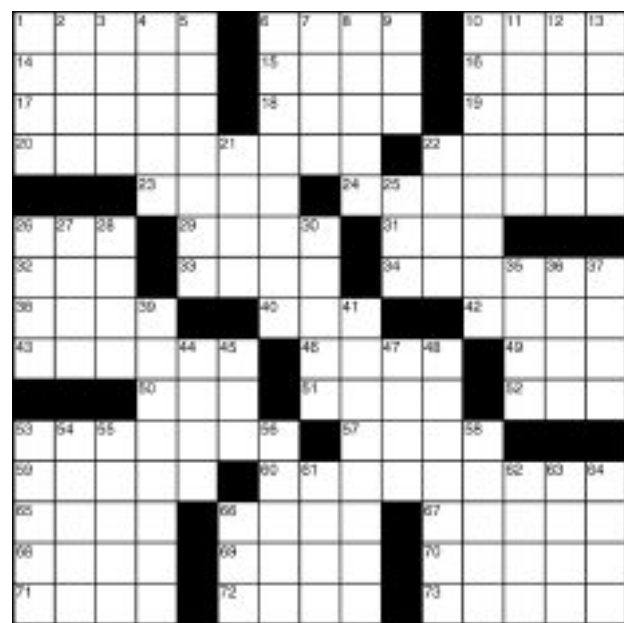
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Across

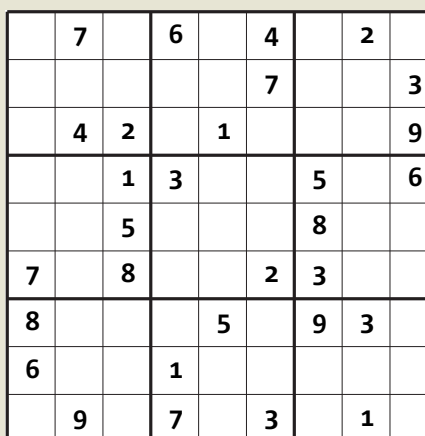
1 Gondolier's "road"
6 Footnote note
10 Those against
14 Relish tray item
15 Pesters
16 Bard's river
17 "The Luncheon on the Grass" painter
18 Pelts
19 Like autumn leaves
20 Fritz's pub
22 Nanny
23 "Little piggies"
24 Playhouse
26 Common sense
29 Gymnastics move
31 Web addr.
32 Turkish honorific
33 Arctic hazard
34 Threw the dice
38 Whit
40 San Francisco hill
42 Sherpa's sighting
43 Brawl
46 Lincoln's st.
49 Holiday mo.
50 1040 pro
51 "Soapdish" actress
52 Molecular biology topic
53 Qualm
57 Porpoise relative
59 Wide awake
60 Bell-shaped animal
65 Dressy event
66 Ranch concern
67 Racoonlike mammal
68 Church or Stonestreet
69 Summit
70 German pistol
71 Risque
72 Bandleader — Kenton
73 Flee to the JP

Down

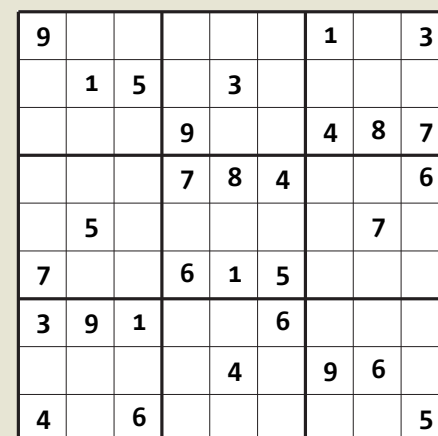


1 Remove tangles
2 Mountain range near China
3 Prime-time hour
4 Circumvent
5 Remits (2 wds.)
6 Herb tea
7 Smear
8 Wading bird
9 Future bks.
10 Idly
11 Easily seen
12 Like Vikings
13 Dirty look
21 Recount
22 First-century emperor
25 Half of a Heston role
26 Very thin model
27 Russian epic hero
28 Bye, in Bristol (hyph.)
30 Lowly laborers
35 Advance
36 Harrow rival
37 Met celeb
39 Precision
41 Obligated

44 Dr.'s visit
45 "Gal" of song
47 "Big Daddy" Ives
48 Save from a landfill
53 More judicious
54 Bow or Barton
55 Heirloom
56 Cockpit button
58 Run — of the law
61 Ms. Bombeck
62 "Othello" heavy
63 Dance movement
64 Engage
66 Contains



SUDOKU LEVEL: EASY



SUDOKU LEVEL: HARD

Solution to yesterday's crossword



How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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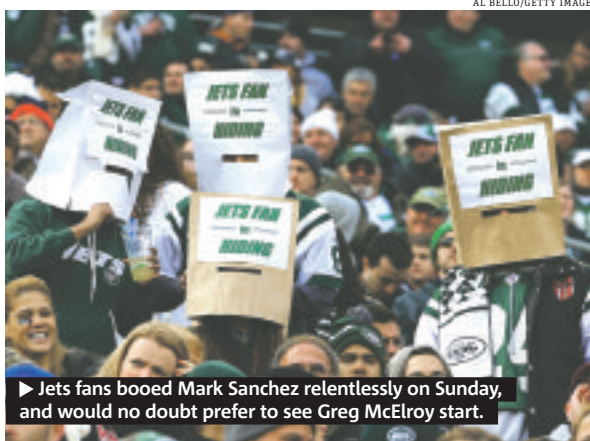
Fans, players torn on QB

► Sanchez still appears to be guy for players, coaches ► Fans, ownership prefers new blood ► McKnight rips fans ► Offense still has 'faith in Mark'

One play into the Jets' eventual win over Arizona, Mark Sanchez was picked off on a dying quail of a pass. Several voices in unison from somewhere in the upper deck began chanting "We want McElroy!"

"I don't see where fans boo. I don't get it. I don't understand it," running back Joe McKnight told Metro exclusively this weekend in a discussion on the growing discontent among fans. "You can quote me on that. I don't care what the fans think. I don't think a real fan boos his own team. I don't think that's what real fans do. I don't think the real fans are out there booing us. I think they're sticking with us and want to encourage us."

Head coach Rex Ryan listened to the fans two quarters after the boos rained down on



► Jets fans booed Mark Sanchez relentlessly on Sunday, and would no doubt prefer to see Greg McElroy start.

Sanchez, pulling him for backup Greg McElroy. The crowd cheered wildly as McElroy ran onto the field.

The Jets locker room was perhaps a bit more muted in

their response.

Two players on offense, speaking off the record to Metro New York, said despite McElroy's solid performance in pulling out a narrow win,

Sanchez is still their man. The Daily News reported yesterday that owner Woody Johnson favors sticking with McElroy, while the coaching staff would prefer Sanchez started.

"Sanchez is still our guy. We have faith in Mark, we want Mark to start," said one offensive starter. "It's not a slam on anybody else; we believe in all the other guys. But Mark is our guy. I personally believe he gives us the best chance to win and that's not a slam on anyone else."

"When you look at our offense, Mark gives us the best chance to win. I'm not alone on this in this locker room. And again: It isn't a slam on any of the other quarterbacks, but Mark has won here."

KRISTIAN DYER
sports@metro.us

Knicks brush off 'old' jokes

The Knicks have heard all the old jokes before. Undoubtedly they

heard a few more in the wake of losing 39-year-old Jason Kidd (back spasms) and 38-year-old Marcus Camby (foot) to recent injuries. But head coach Mike Woodson said the Knicks were built to withstand such adversity.

"That's the key with this team. When guys go down you have to be ready when called upon to play, and if you're asked to play big minutes then you play them," said Woodson.

Kidd will likely be back in the starting lineup tonight at Charlotte (7 p.m., MSG). Camby is officially listed as questionable but appears unlikely to play. ● **TONY WILLIAMS**

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I, FNU ATUL, born on 04/28/1985, whose permanent address in India is S/O SHREE MURARI LAL KARNWAL, VILL - N A G A G H E R, PO-RANIPOKHARI, DIST. DEHRADUN, ZIP CODE: 248145, UTTARAKHAND, INDIA and presently residing at 61-25 98th Street, Apt # 16J, Rego Park, New York, NY 11374, USA do hereby give notice of intention to change my name to ATUL KARNWAL.

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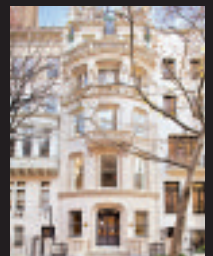
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Market watch



CHEAPEST \$195K

100 W. 141st St.
The cheapest property listed this week is a three-bedroom co-op at 100 W. 141st St. Though there are income restrictions on buyers, and it can't be bought by investors, the 976-square-foot unit is listed by Corcoran for just \$195K.



PRICIEST \$48M

57 E. 64th St.
The most expensive property to hit this week is a Beaux Arts mansion. Listed by Key Ventures, this limestone house has 14,000 square feet and seven stories, with a sweeping staircase, seven fireplaces and a six-passenger elevator.



StreetEasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

at home with metro

Surveying the destruction

Red Hook

Roughly 300,000-square-feet of property — including at least 50 businesses — in this industrial-waterfront-area-turned-hipster-hub was damaged in the storm, according to Greg O'Connell, one of the area's largest landlords. Community housing group the Red Hook Initiative estimates that damage to the neighborhood could total \$50 million. The popular grocery store Fairway was among the hardest hit. O'Connell said he is offering concessions to tenants in some of his commercial buildings, including free rent and help rebuilding, on a "case-by-case basis."

Fire Island

As many as 100,000 homes and businesses on Long Island were destroyed or badly damaged in the storm, according to the New York Times.

Two of the region's barrier



Staten Island

Staten Island was the site of 22 storm-related deaths, and thousands were rendered homeless by Sandy, at least temporarily. According to published reports, about 14,000 homes were destroyed or damaged. A preliminary inspection by the city about a week after the storm found that 87 homes were completely uninhabitable and at least 227 were badly damaged but livable. Those numbers are expected to rise. As of mid-November, 16,714 Island residents had applied for FEMA aid, and more than \$53 million in aid had been dispensed, according to an agency spokesperson.

islands took the biggest hit.

On Fire Island, the summer vacation mainstay, 80 percent of homes were reportedly damaged and about 12 had been completely demolished or were washed out to sea.

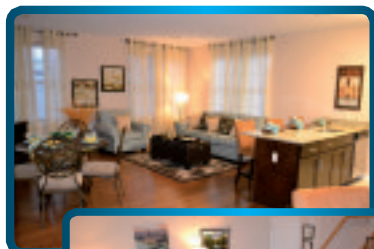
Rockaways

One of the most tragic results of the storm was the widely reported fire that ripped through the Breezy Point section of the Rockaway peninsula and burned down roughly 110 homes. In addition, in other parts, such as Belle Harbor and Rockaway Park, nearly every home was impacted, says Lisa Jackson of local brokerage Rockaway Properties. The federal and city governments are expected to contribute financially, but much of the rebuilding could be left up to individual owners. Jackson predicts that some reduced-cost homes may come on the market.

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► Mapping out the NY real estate and property damage left in Sandy's wake ► The destruction will cost billions to fix ► The Real Deal looked at some of the hardest-hit areas to find out how much was lost

"There are some older people who will probably [sell and] take a significant loss just to move on," she says. Homes that are reconstructed, meanwhile, may be built on pilings as a precaution against future storms.

Lower Manhattan

Of the 183 Class A and Class B office buildings in Lower Manhattan, 49 were closed for at least a week following the storm, and 25 remained closed as of Nov. 21, according to brokerage Jones Lang LaSalle. The area also saw damage to some of its residential buildings, including 2 Gold St. and 88 Greenwich St. — which may not be habitable for months. While exact dollar estimates for the destruction in the area do not exist yet, it could be an entire year before the repairs at Boston Properties' 4 New York Plaza are complete, according to news reports. **GUELDA VOIEN**

In New Jersey

► **Hoboken:** In the days after the storm, Hoboken Mayor Dawn Zimmer equated the city to a bathtub filled with water. Indeed, over 1,000 commercial and residential properties were impacted by the storm, according to a spokesperson for Zimmer's office, adding that those building stats are preliminary and the final count "could be 5,000." One Hoboken city official estimates that Hoboken saw at least \$1 billion in damage, at least 80 percent of which was incurred at residential buildings.

► **Jersey Shore:** Sources say the vast majority of damage in the area was residential, especially in hard-hit towns like Seabright, Mantoloking, Lake Como, Seaside Heights and

Belmar. According to news reports, the damage exceeded \$1 billion. As of late last month, FEMA had dispensed \$235 million in assistance to New Jersey residents. Still, the rebuilding efforts will be complex, as each municipality decides whether to rebuild in areas close to the ocean. "A lot of people won't rebuild," says Eric Anton, an executive at Brookfield Financial whose summer home in Interlaken was spared by the storm. There are a lot of people with no insurance. ... The question becomes, 'Do we rebuild in an area where this can happen again?'"

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

THE REAL DEAL

GETTY IMAGES

NYC update

Living in limbo post-Sandy

The NYC Department of Buildings recently announced that an examination of 80,000 buildings showed nearly 800 "red-tagged" buildings: properties that are unsafe and cannot be entered. They also declared that at least 200 properties would need to be razed, leaving residents — primarily in Queens and Staten Island — in search of a home.

While their struggle is undeniably disheartening, another perplexing narrative lies in those whose futures remain to be seen. Many downtown high-rises, such as the popular rental building 2 Gold or the condo conversion at 88 Greenwich, may not be tagged "red" by the city, but have remained closed. 88 Greenwich started letting tenants on low floors back in on Monday, with plans to let higher floors in by the end of the week, though all tenants will still be without cooking gas, according to Curbed.com. Both buildings are facing lawsuits from tenants.

Many displaced tenants see FEMA's disaster assistance funds as a starting point for recouping losses. What they don't realize



► Boarded-up buildings are still a reality at the South Street Seaport.

until they apply is the use of HUD "Fair Market Prices" for rentals to determine distribution. Despite FEMA announcing they would increase the amount, a letter from the management company of high-rise 90 Washington St. says the maximum a household can receive is \$1,191 for a studio and \$1,895 for a three-bedroom.

This may be reasonable for

the outer boroughs, but doesn't cut it for the Financial District, where the median price for a three-bedroom is \$6,597, according to StreetEasy.com.

Some buildings, such as 2 Gold, are receiving rent abatements. Rose Associates and the owners of Stuyvesant Town/PCV reportedly will do the same. But the unlucky renters of 160 Front St. haven't received the same treatment from Samson Management.

One tenant (who chose to remain anonymous) explained that residents didn't hear from the management until two weeks after the storm. "There was so much guessing about what was happening. After the sixth night of couch-surfing, I realized this was going to be a lot longer process than I was ever prepared for." **JARED KLEINSTEIN**

800

800 out of 80,000 buildings examined by the New York City Department of Buildings were "red-tagged" as properties that are unsafe structurally and cannot be entered.

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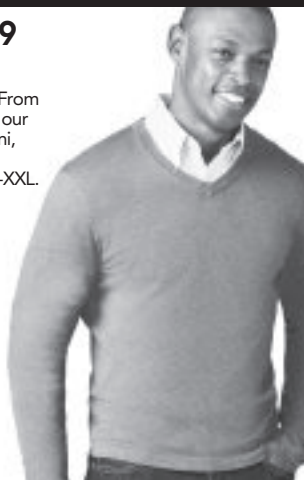
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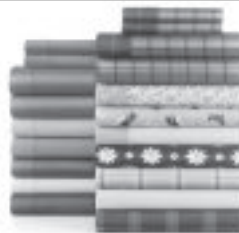
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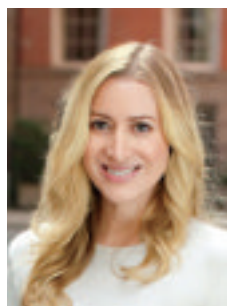


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LULU FROST
Brass, resin
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necklace,
\$530,
lulufrost.com

SHOSHANNA
Tie-neck
blouse, \$285,
Tulipano
Boutique,
Atlanta, 404-
816-3550



JILL STUART
Leather "Maru" platforms,
\$595, 212-343-2300



"I'm kind of preppy!"

Anne Keane, Fashion Director



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Wool coat, \$950,
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KAIN LABEL
Modal-blend top,
\$84, Heidi Says,
San Francisco,
415-749-1144



CLARE VIVIER
Leather
clutch, \$180,
clarevivier.com



SOLE SOCIETY
Faux-patent "Analisa"
pumps, \$50,
solesociety.com



"I like it low-key."

Eleanor Strauss,
Senior Fashion Editor

KELLY WEARSTLER
Stretch denim pants,
\$265, select Neiman
Marcus, 800-365-7989



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rebeccataylor.com



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